

# Trafalgar Newsletter

3<sup>rd</sup> December 2021

Welcome back, we hope you all had a restful long weekend! We are now full steam ahead towards the end of term with plenty of events going on.

This week we held our second PD Day. Year 7 worked with UNLOC to develop their resilience in a series of tasks; Year 8 focused on making sense of relationships where they explored a range of subjects including gender stereotyping, sexual behaviour, consent, puberty and relationships at home and school. Year 9 took part in the stock market challenge and Year 10 took part in our first money day, a day much requested by our students, where they learnt about personal finances and how they will manage their money when they leave school. Year 11 looked at wellbeing, the college application process and how to schedule revision time – all areas they requested following their first PD Day!

Yesterday we held a virtual celebration for our Year 12 students. Having delivered their awards ahead of the evening, students and their families tuned in virtually to celebrate together and mark their fantastic achievements during their time with #teamtrafalgar.

You will have seen a message via classcharts and social media earlier this week following the government announcements that all staff and students are now required to wear face masks in communal areas, unless exempt. At the moment facemasks are not required in classrooms but if staff or students choose to wear them then that is their personal decision. Please ensure your child comes to school with their own facemask and continues to test twice weekly at home.

Thank you for your continued support to keep our community safe.

## Team Trafalgar

### Hot Chocolate with the Head

This week's 'Hot Chocolate with the Head' goes to Matilda!

Matilda always works so hard and shows consistent effort across all subjects. She has also shown the values of community and inclusion and has recently showcased this by taking part in anti-bullying training.

Well done Matilda!



#### Uniform Reminder:

Please ensure your child has their blazer with them in school. Whilst the school jumper is optional, the school blazer is essential and should be with them every day. Could we also take this opportunity to remind you that makeup is not permitted at all in lower school (year 7 and 8) and that false nails and false lashes are not permitted in school.

#### Key Dates

	December 2021
9 <sup>th</sup>	Year 11 Parents' Evening
10 <sup>th</sup>	AW Deposit Deadline
17 <sup>th</sup>	Celebration Assembly - 12:30pm finish
20 <sup>th</sup> Dec - 3 <sup>rd</sup> Jan	Christmas Break
4 <sup>th</sup> Jan 2022	Students start back



@TrafalgarSch

trafalgarschool.org.uk

# Safeguarding Updates

## What is Trolling?

Have you ever seen the term "troll" or "trolling" used on social media? If you look at the comment section of any controversial topic, you'll likely find it. Trolling is typically used to irritate communities, fans of celebrity targets, or people who hold specific beliefs or positions of power. The seemingly anonymous nature of internet commenting allows "trolls" to operate without fear of punishment. However, trolling is considered a form of cyberbullying and can have a severe impact on offline life.



*Trolling is defined by the NSPCC as: the sending of menacing or upsetting messages on social networks, chat rooms, or online games.*

## What Trolling and Cyberbullying Look Like Today

Research conducted by Uswitch and charity Family Lives in 2021 showed that:

- 40% of school children who have been bullied said that lies or rumours about them had been shared online
- 48% of children said they feel they are more likely to be bullied on social media
- Almost half of children surveyed didn't tell their parents or carers about being bullied online
- 12% didn't tell anyone at all

In November 2021, schools across the UK were targeted by TikTok accounts in which pupils rate their teachers. The videos caused "real distress" to those targeted, with some teachers taking sick leave as a result. Some schools have even involved the police, as some of the content was abusive and could constitute as a crime.

*Internet trolls who target people with abusive or offensive material online can be prosecuted under the Malicious Communications Act 1988 and can face a up to 2 years in prison if convicted.*

## The Effects of Trolling on Children and Young People

Research conducted in 2018 for the Department for Digital, Culture, Media and Sport (DCMS) found the following impacts of trolling:

- Psychological impacts which can include increased emotional distress and embarrassment, depression, anxiety, and post-traumatic stress disorder.
- Behavioural impacts which can include substance misuse, withdrawal from social life, detrimental impacts on personal relationships, and (in extreme cases) self-harm behaviours and suicidal ideation.

*For children who are being trolled, you may notice they seem agitated or frustrated when they are engaging with screens. They may also disengage with social media or stop playing video games online.*

## If a child or young person in your care is the victim of trolling:

- Check how the young person is feeling about what happened. Approach the situation with open-ended questions and remember to be understanding.
- Make sure they know bullying is wrong and that it's not their fault.
- Explain that interacting with trolls will encourage them to continue. Teach your child not to respond to online criticism and bullying.
- Make sure all their social media profiles are set to private and remind them to only accept friend requests from people they know.
- Show them how to block and report accounts or posts.

## If a child or young person in your care is trolling someone:

- Do not get angry with them. Many young people consider trolling 'a bit of fun' and might not fully understand the impact of their behaviour. You can watch a video on talking to your child about online risks here.
- This is a perfect opportunity to talk to your child about the impact bullying can have on others. Ask them to consider how they would feel if someone was bullying a friend or family member in this way.
- Explain that anonymity online is limited. Social media platforms can and do work with police to identify users involved in online harassment.
- It is also important to remind young people that internet trolls who target people with abusive or offensive material online may get into trouble with the law.

Trolling and cyberbullying remain a persistent problem in the online world. Remember to take active steps to educate yourself so that you can better protect the children and young people in your care.

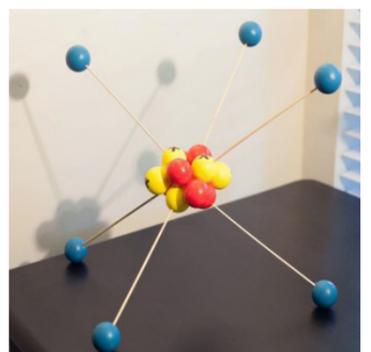
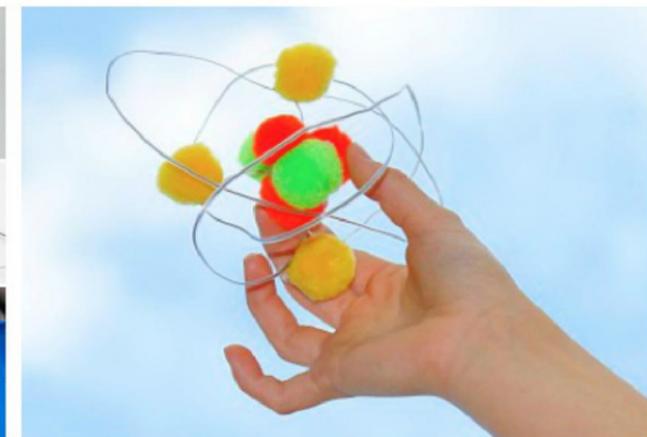
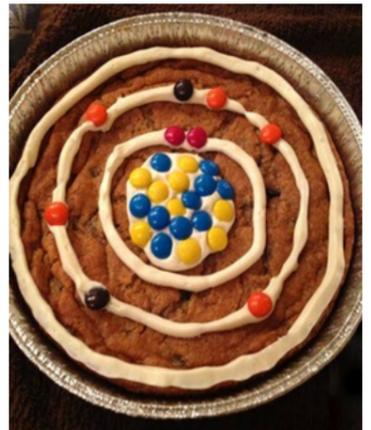
## Science Competition - Design a Model of the Atom

**The Science Department are challenging students to design and be creative in making an atom.**

**Any student can enter and the closing date is Thursday 16<sup>th</sup> December.**

Mr. Miah and Mr. Au will be judging it on creative design and accurate scientific knowledge with the winner receiving an Amazon voucher!

**Here are some examples you may want to consider when coming up with your design:**



# MFL Department Update

## ADVENT CALENDAR: MFL EDITION

Now that Christmas is approaching, we would like to invite our students and families to complete our MFL ADVENT CALENDAR. Christmas, like many other festivities, is celebrated differently in each cultural community. We live in a diverse and multicultural world and it is important to understand that, what we consider the norm might be different for other people around the world, and also in our school community. That is why, we think that this month is a great opportunity to talk about what makes people different and explore Christmas traditions around the world. Start by completing the daily challenges and finding out how Christmas is celebrated in Spanish/French speaking countries around the world! Do not hesitate to share your findings or creations with us!



A reminder for all our year groups that the **MFL MEMRISE house competition** for this term is about to finish. The deadline for this is Monday 13<sup>th</sup> December.

You need to make sure that you change your user name to win points for your house:

FirstLetterOfYourHouse \_ class group \_FirstLetterNameSurname

example:  
V\_7G1\_NAbdul

MFL Department

# Safety Card: TikTok



TikTok is a free social media platform used to create and share short videos. TikTok rules require the user to be 13 or older to use it and with parental consent if you're under 18. Users are able to create videos of themselves lip-syncing that can last up to 60 seconds. You are able to watch other user's streams & videos, you may be exposed to inappropriate content.



Stay safe on TikTok using the instructions on their **Digital Wellbeing** section, **Blocking** & **Reporting** below.

## Digital Wellbeing

Set up Restricted Mode, Screen Time Management on your

TikTok app:

- Tap on in the bottom right corner of the app.
- Tap on
- Scroll down and tap on **Digital Wellbeing**.

## Block

Block a user using these simple instructions:

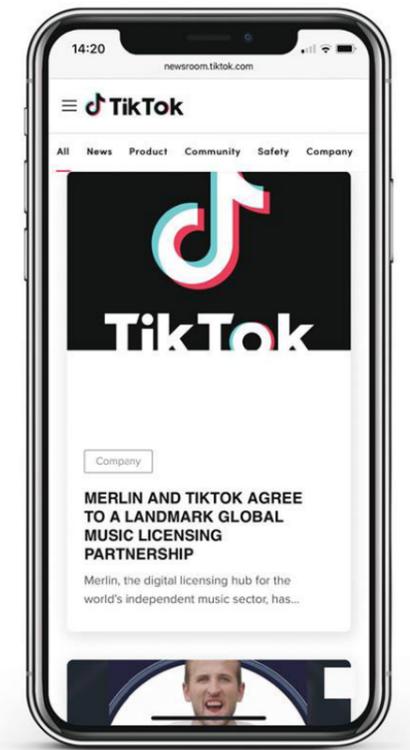
- Go to the profile of the user you wish to block.
- Tap on
- Tap on **Block** and then **confirm**.

## Report

Report a user using these simple instructions:

- Go to the profile of the user you wish to report.
- Tap on and then select **Report**.
- Select **Report Account** or **Report Content**.
- Then select the reason why you are reporting.
- Select **Submit**.

For more apps visit;  
[oursafetycentre.com](https://www.oursafetycentre.com)



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